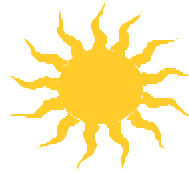


HOT WEATHER BLUES

From the Federal Emergency Management Agency.



Doing too much on a hot day, spending too much time in the sun, or staying too long in an overheated place can cause heat-related illnesses. Protect yourself from heat disorders or overexposure to the sun.

Before the heat sets in, if you have an air conditioner, be sure that it's in working order. If you don't have one and would like help in getting either an air conditioner or fan, call your county aging unit to see what help is available in your area. While scientists tell us that fans do not actually cool, that they simply blow hot air around, if you splash cool water on your face and arms, the air from a fan will feel cool; it will refresh you for a short time and even take the "bite" out of the heat.

Once the heat sets in, do what you can to keep the heat out of your house—cover cardboard with aluminum foil and place it on the outside of your windows to reflect any heat away from the house. Window shades, draperies, awnings, or louvers on the sunny side of the house can reduce the amount of heat entering the house by as much as 80 percent. Stay on the lowest floor of your house. Most importantly, stay out of the sun!

Help yourself by

- ◆ Eating well-balanced, light meals
- ◆ Drink plenty of water (check with your doctor if you have a fluid retention problem)
- ◆ Limit intake of alcohol (it can cause dehydration)
- ◆ When out of doors wear loose-fitting clothing and a wide-brimmed hat.
- ◆ Avoid as much sunshine as possible. Sunburn slows the

- ♦ skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- ♦ Slow down—reduce, eliminate, or reschedule strenuous activities. Get plenty of rest to allow your natural “cooling system” to work.

Heat Disorder Symptoms and What To Do:

- ⇒ **Sunburn:** skin redness and pain, possible swelling, blisters, fever, headache. **First Aid:** Take a shower with soap to remove oils that can block pores, preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.
- ⇒ **Heat Cramps:** painful spasms usually in leg and abdominal muscles. Heavy sweating. **First Aid:** Firm pressure or gentle massage on cramping muscles. Take sips of water, but if nauseated, discontinue and get medical attention.
- ⇒ **Heat Exhaustion:** Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse, normal temperature possible. Fainting, vomiting. **First Aid:** Lie down in cool place, loosen clothing, apply cool, wet cloths. Fan or move to air-conditioned place. Sips of water. If nausea occurs, discontinue. If vomiting occurs, get immediate medical help.
- ⇒ **Heat or Sun Stroke:** High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Probably not sweating. **First Aid:** This is a severe medical emergency. Call 911 to get to hospital at once. Move to a cool place—use fans or air conditioning. Try cool bath or sponging to lower body temperature. Loosen or remove clothing. **Do not give fluids.**

Be aware of possible heat-related problems

Be sensible and enjoy the summer as Wisconsin blooms in its loveliest season.